



# Questions to ask your doctor

Finding the right treatment for your anxiety or depression starts with asking your doctor the right questions. This will help you to better understand your symptoms and the different treatment options available.

It's important that your doctor understands **what matters most to you** so together you can decide which treatment is right.

This guide will help you start the conversation the next time you see your doctor.

## Questions you may want to ask

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### STEP 1

#### Explain how you're feeling

- Why do I feel like this?
- What caused these symptoms?
- What is my diagnosis?

### STEP 2

#### Understand your treatment options

- Do I need treatment and if so, what are my treatment options?
  - What are the risks and benefits of this treatment?
  - How likely is this treatment to be successful?
  - Do I need to see a specialist and if so, what kind and why?
- If your doctor recommends medication see step 2B*

### STEP 2B

#### Learn about the recommended medication

- What does this medication do and how does it work?
- Is this medication suitable for me?  
(i.e. if you're pregnant, breastfeeding, taking other medications)
- What are the potential side effects of this medication? Will it:
  - Affect my sleep?
  - Affect my weight?
  - Impact my sexual function?
  - Be difficult to stop?
- How do I take this medication and how long for?
- How long until I start to feel better?
- What happens if this medication doesn't work for me?

### STEP 3

#### Ask about ways you can support your mental health

- What can I do to help myself?
- Where can I find more information or support?
- What should I do if my symptoms don't improve or get worse?
- When do I need to come back and see you again?